

Westminster Council on Aging

June 2016 Newsletter



69 West Main Street, Westminster, MA 01473
978-874-7402

Mission Statement: The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness and nutrition programs, referral services, SHINE, and also transportation.



*When breezes are soft and skies are fair,
I steal an hour from study and care,
And hie me away to the woodland scene,
Where wanders the stream
with waters of green.*

~William Cullen Bryant, American poet (1794-1878)



*The Council on Aging would like to extend our deepest sympathy
to the family and friends of
~ Stacy A. Marysz ~*

SENIOR HOME FIRE SAFETY INSPECTION

★ FOR WESTMINSTER RESIDENTS ★

Offered by the Town of Westminster Fire Department

- Smoke detector replacement if appropriate
- Carbon monoxide detector install/replacement if appropriate
- *This offer applies to battery only (no hardwired) for both smoke & carbon monoxide detectors
- Please sign up at Senior Center to schedule



SUMMER COOKOUT!

Sponsored by
The Highland's

July 15 ~ 11:30 am

Please sign up for this event.
Join in the fun!!



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Mark your calendar...

*Community/Senior Center
Annual BBQ*

September 28 ~ 11:30 am

- ⇒ Event open to surrounding-town seniors
- ⇒ Your favorite dish, salad, or goodies to share would be appreciated
- ⇒ Sign-up required
- ⇒ Cost: \$5 per person




Westminster Fire Department
Presents
"Safety Cooking"
&
"Know Your Escape Plan"
June 3 ~ 12:30 pm


Best Wishes to all our
Seniors celebrating their
birthday in June!
Enjoy!!!





**Happy
Father's Day**
~ June 19 ~

**Celebrate
Flag Day**
~ June 14 ~



UPCOMING EVENTS

- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, times are available June 15, 8:00-12:00 n. Please call to make an appointment.
- ✓ A free blood pressure clinic will be held the first and third Fridays of every month, 11:30-1:00 pm. This month's clinics will be June 3 and June 17. No sign-up necessary.
- ✓ On June 11, 2:00-4:00 pm, collections of the Westminster Barns will be on display. This is open to the public. Hosted by the Circle of Artists. Refreshments will be served.
- ✓ A representative from Fallon Senior will be here July 1, 11:00 am, to discuss health insurance changes and to answer any questions you may have. Refreshments will be served.
- ✓ Any interest in a recipe swap? Bring in your favorite dish, along with the recipe, to share with others. Get ideas and enjoy tasting different dishes. Please let us know if interested.
- ✓ The Forbush Memorial Library will celebrate the 50th anniversary of the 60's Batman television series starring Adam West. This event will be held Saturday, June 4 at 11:00 am.

INFORMATION

- ✓ The Council on Aging van is available to Westminster residents for in-town and surrounding-town travel. Van operation times are Monday through Friday, 8:00 am to 4:00 pm. A 24-hour advance notice is required (no same-day service). Round trip cost is \$2 (in town) and \$3 (out of town). The van will *not* operate if school is cancelled due to bad weather.
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.
- ✓ What does "Swipe Your Card" mean? The Westminster Senior Center utilizes a computer system called "*MY SENIOR CENTER*" which enables us to be informed of how many people make use of the Senior Center. By registering as a member (no fee involved), you receive a scan card that allows you to designate on the monitor the activity you are enjoying on the day(s) you visit. Swiping your card is not mandatory, but if you choose to, the Senior Center may gain additional funds/grants based on how many feet walk through the doors. If you would like to receive a scan card, please see an administrative assistant. Please note that information you provide is never shared with anyone.
- ✓ It's strawberry season! The tiny strawberry is packed with vitamin C, fiber, antioxidants, and more. The heart-shaped silhouette of the strawberry is the first clue that this fruit is good for you. These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer. Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food. They are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium. Just one serving (about eight strawberries) provides more vitamin C than an orange. Enjoy the season!



Activities





Monday

Tuesday

Wednesday

Thursday

Friday

	<p><i>*Indicates Congregate Meal being served at Senior Center.</i></p>	<p><i>*Chicken Meatballs 1</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>2 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts</p>	<p><i>*Roast Pork 3</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Salmon 6</i> 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>	<p>7 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong</p>	<p><i>*Chicken Breast 8</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>9 9-12 Wood Carving 9-11 WOW 10-11 Stretch 10:45-11:30 Cardio Fit 1-3 Crafts</p>	<p><i>*Beef Bolognese 10</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Chicken Meatballs 13</i> 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>	<p>14 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong 1:00 COA Board Mtg</p>	<p><i>*Roast Beef 15</i> 8-12 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>16 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts</p>	<p><i>*Pork Patty 17</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Chicken Breast 20</i> 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>	<p>21 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong</p>	<p><i>*Chic. Corn Stew 22</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>23 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts</p>	<p><i>*Lasagna 24</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Salisbury Steak 27</i> 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>	<p>28 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong</p>	<p><i>*Broccoli Bake 29</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>30 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts</p>	<div data-bbox="1295 1371 1507 1539">  </div> <p><i>Summer begins June 20!</i></p>